

It's not just your body...It's your life!

From the time they start to notice boys, girls have hundreds of questions about their bodies, relationships, and everything else. As they start to reach puberty, the questions increase. If moms are lucky, their daughters will turn to them for answers to their questions. But daughters are often embarrassed and reluctant to approach their moms for advice. Likewise, moms are often just as reluctant to talk to their daughters about their developing bodies or attraction to others. And those mothers who may actually look forward to talking with their daughters, may not know how to start the conversation. As a result, girls turn to their friends and the mass media, or avoid the issues all together, creating greater problems for themselves in the future.

To help girls—and their moms, psychotherapist Mary Jo Rapini (of TLC's new series *Big Medicine*) and OB/GYN nurse practitioner Janine J. Sherman have assembled more than 113 questions girls (and their moms) routinely ask—or should be asking—about topics ranging from periods and sex to self esteem and dating. In *Start Talking: A Girl's Guide for You and Your Mom about Health, Sex, or Whatever [an inside look at the details even she doesn't know!]* (www.StartTalkingBook.com, \$14.95 pb), Rapini and Sherman share succinct yet lively answers, sample conversations, and real life stories that will help open the door to better mother/ daughter communication.

“Teens today, more than ever, face a myriad of issues involving sex, sexuality, and body image,” Rapini and Sherman stress. “They need education; they need guidance; they need support to make the right decisions at the right time.”

In addition to being women's health care providers, Rapini and Sherman are mothers with two daughters each. They know how difficult it can be to talk to daughters about personal changes, but they also know how critical it is to have an open and ongoing dialogue, saying, “Our goal is to inspire open communication between mothers and daughters—to generate memorable conversations and unforgettable table talks.” *Start Talking* is lighthearted but definitely not lightweight, effectively engaging both mothers and daughters alike and providing helpful settings for beginning such “table talks”—ways to invite your mother or daughter into personal, meaningful conversations.

Start Talking offers super straight answers about:

- How your body works—top to bottom, we cover it all
- Feeling good, feeling fat, and everything in between
- Birth control, STDs, and what makes you a virgin
- Sex—how to know when you're ready, and when you're not
- Why just because you ask, doesn't mean you want to do it
- Saying no and loving it—surprising reasons to wait
- Fun ways to get closer—from yoga mats to a day at the mall
- Loving your body and living your life to the fullest
- Getting what you want from life—right now and forever!

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Start Talking will give mothers and daughters the necessary tools to start those important conversations and strengthen their relationship. Rapini and Sherman emphasize, "Putting the facts on the table and learning from one another may be the best gift a mother can give her daughter to protect her future health."

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Early Praise for **Start Talking**

"Whether you as a parent are ready or not, there is important medical information your daughter needs right now. **Start Talking** holds nothing back. The beauty of that? Girls get the accurate, straightforward facts plus wise motherly advice from these two exceptional authors you can trust to support you both."

~ Susan J. Mandel, MD, MPH, Associate Professor of Medicine and Radiology, University of PA School of Medicine

"Great Q&A format. Easy for girls and moms to use, even in the car, on the way to school, practice, or around town. This is the kind of book you can squeeze into any life."

~ Regina Lederman, PhD, RN, Professor, School of Nursing, University of Texas,
Special focus on avoiding teen pregnancy, and author of **Psychosocial Adaptation in Pregnancy**

"Delightful. A must-read!"

~ Anne Grizzle, LMSW -ACP, author of **Mothers Who Love Too Much** and **Going Home Grown Up**

"This book has made me stronger. It gave me back my mom, because it made her stronger, too."

~ Elen Eisner, High School Student

Girls' Life Magazine, August/Sept 2008 issue quotes Janine J. Sherman in Taking Chances, a GL Special Report

First, July 21, 2008 issue quotes Mary Jo Rapini in "Body Worries Cured"

Seventeen magazine, September 2008 issue, references the book and Mary Jo Rapini as an expert in two separate articles

To request a review copy of **Start Talking**, to arrange an interview with Mary Jo Rapini and/or Janine Sherman, to receive art electronically, or for any additional information, please contact Kate Bandos at KSB Promotions: **800-304-3269** or 616-676-0758 • kate@ksbpromotions.com

Start Talking: A Girl's Guide for You and Your Mom About Health, Sex or Whatever

[an inside look at the details even *she* doesn't know!]

by Mary Jo Rapini, MEd, LPC &
Janine Sherman, MSN WHNP-BC

200 pages • 6" x 9" • Glossary

Annotated Bibliography • Index • For ages 10 and up

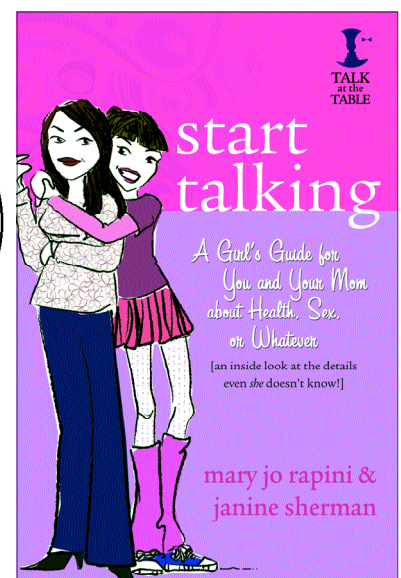
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*Talk
at the
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Series*



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